

**Note:**

- All classes are for participants 18 years and older.
- (50+): Indicates programs geared toward adults age 50 and older.
- Classes are generally 55 minutes unless otherwise noted.
- Class size may be limited, for your safety, due to the amount of equipment and/or room size.
- Matinee Passport Holders can only attend classes Monday through Friday between 8 am-3 pm.
- Classes are held at the Troy Community Center and the rooms feature wood or rubber shock absorption flooring, natural light and individual sound systems.
- This schedule is for classes between September 8 and December 14, 2014. Holiday and summer schedules will have a smaller selection of classes.
- Babysitting service is available for morning and evening classes on a first come, first serve basis. There is a separate charge for this service.
- Please be advised that DanceIT is a choreographed class. The first 3 weeks of any session are spent on instruction. After the first 3 weeks of the session, no additional instruction will be given by the instructors.
- Passport holders receive discounts on babysitting service, massage therapist, personal trainers as well as discount on registration fee of evening zumba and morning adult pilates.

**Purchase an Annual Membership at the Troy Community Center - pay for 11 months and get the 12th month Free!**

**Troy Community Center  
Fitness Passport Fees**

Pass Type	Resident	Non-Resident Employee	Non-Resident
Fitness Passport Adult (18 and older)	\$28/mo* \$336/yr	\$32/mo* \$384/yr	\$38/mo* \$456/yr
Matinee Passport	\$20.75/mo	\$23.50/mo	\$28/mo
Senior (60 and older)	\$26/mo	\$32/mo	\$38/mo

\*This pass option is purchased through a monthly EFT payment plan (4 months due at enrollment), associated with a checking account or credit card (Visa or Master Card).

**Fitness Passport Class Schedule (beginning September 8-December 14 (no classes 11/27))**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 am - Group Cycle	6 am-Total Strength	6 am - Group Cycle	6 am-Total Strength	6 am - Group Cycle		
8 am - Low Cardio & Tone	8 am - Core Conditioning	8 am - Low Cardio & Tone	8 am - Core Conditioning	8 am - Low Cardio & Tone	8:15 am - Group Cycle	
8:00-9:25 am - Strength/Cycle 40/40	8 am - Cycle & Sculpt	8-9:10 am - Total Strength	8 am - Cycle & Sculpt	8-9:10 am - Total Strength		
8:30 am - Danceit	8:15 am- Basic Step	8:30 am - Danceit	8-8:45 Pilates/Core	8:30 am-Danceit	8:30 am - Step Up &Tone	
			9 am- Yoga Basic			
9 am- Balance & Stretch (50+)	9 am - Zumba	9 am- Balance & Stretch (50+)	9 am- Zumba Toning	9 am -Zumba	9:05 am- Water Wave Aerobics	
	9:15 am - Danceit	9:15 am - Step & Weights	9:15 am - Danceit	9:15 am - Step & Weights		9:15 am Cycle/Sculpt Extreme
9:30 am - Danceit		9:30 am - Danceit		9:30 am - Danceit	9:30 am - Resistance Training 9:30 am - Danceit	
10 am- Beginning Pilates (50+)	10 am- Muscle Conditioning (50+)	10 am- Beginning Pilates (50+)	10 am- Muscle Conditioning (50+)		10:30-11:45 am - Cycle/Sculpt Extreme	
10:05 am- Water Wave Aerobics		10:05 am- Water Wave Aerobics		10:05 am- Water Wave Aerobics		
10:15-10:55 am Triceps, Tummy & Tush	11am- Pilates w/Fawn <i>cancelled</i>	10:15-10:55 am Triceps, Tummy & Tush	11am- Pilates w/Fawn <i>cancelled</i>	10:15-10:55 am Triceps, Tummy & Tush		
12:15 pm - Lunchtime Cycle & Sculpt		12:15 pm - Lunchtime Cycle & Sculpt		12:15 pm - Lunchtime Cycle & Sculpt		
	5:00 pm - Danceit		5:00 pm - Danceit			
5:30 pm - Group Cycle	5:30 pm - Cycle & Sculpt	5:30 pm - Cycle & Sculpt	5:30 pm - Cycle & Sculpt			
	5:30 pm-Pilates, Stretch, Balance & Tone		5:30 pm-Pilates, Stretch, Balance & Tone			
6 pm -High Intensity		6 pm - High Intensity				
6:30 pm - Danceit		6:30 pm - Danceit		6:30 pm-Danceit		
7 pm - Total Strength	7 pm - Water Wave Aerobics	7 pm - Total Strength	7 pm- Water Wave Aerobics			
7 pm -Bokwa Rm. 502	7 pm - Danceit	7 pm -Bokwa Rm. 502	7 pm - Danceit			
7:30 pm - Swiss Ball	7:30 pm - Step Up & Tone		7:30 pm - Step Up & Tone			
9 pm-Water Wave Aerobics		9 pm-Water Wave Aerobics				



**NOTE:**  
**Water Wave Aerobic participants should bring to class a towel and a lock to secure their belongings. *These classes resume on 9/2/14.***

Aerobic exercise classes take place in the studios on the second floor of the Community Center. Refer to studio door for a list of classes in that particular room or bulletin board on the second floor.

**Room 502** - is located on the first floor of the Community Center, next to the game room.

# PASSPORT Membership Benefits

Fitness Passport members receive discounts on select fitness classes as well as some of our services. Details listed below.

**Members pay ½ price for either pilates or zumba.**

## Zumba

Get ready for a Latin-inspired, dance fitness class that incorporates high energy and motivating Latin and international music. Simple to follow cardio-based moves and rhythms will be used to create a class that targets the heart and tones the total body. Be prepared to burn calories and fat, sweat a lot and have a blast. Everyone (12 and older) can do it and dance experience is not necessary. Fitness passport holders receive half off fee listed and need to register by mail or in person using Act # 146565X (discounts not available online).

**Location:** Troy Community Center      **Instr:** Barb

**Session:** Sept 9-Dec 11 (14 weeks-no class 11/27)

Act#	Day	Time	Res	Non-Res
146565A	Tue	6:30-7:25 pm	\$75	\$85
146565B	Thur	6:30-7:25 pm	\$75	\$85
146565C	T/TH	6:30-7:25 pm	\$141	\$151

## Mat Pilates

Pilates is great for all fitness levels and ages. Redressing unbalances and altering movement patterns bring your body back into balance. This intensive mat workout enhances posture, flexibility, endurance and balance while toning and firming your powerhouse (core). Wear comfortable clothing; bring a mat and hand weights. Fitness passport holders receive half off fee listed and need to register by mail or in person using Act #146565X (discounts not available online).

**Location:** Troy Community Center      **Instr:** Tina

**Session:** Sept 9-Dec 11 (14 weeks-no class 11/27)

Act#	Day	Time	Res	Non-Res
146565D	Tue	9-9:55 am	\$75	\$85
146565E	Thur	9-9:55 am	\$75	\$85
146565F	T/TH	9-9:55 am	\$141	\$151

## Personal Trainer and Massage Therapist Discounts



### Teresa Ehlert

**Available:** evenings and weekends by appointment. **Education/Certifications:** AFAA Personal Training Certification. **Areas of Expertise:** General Conditioning, Strength Training, Senior Fitness, Youth Conditioning, Nutrition/Weight Loss Management.



### Susan O'Connor

**Available:** days and evenings by appointment. **Education/Certifications:** American Fitness Professional Association. **Areas of Expertise:** Strength and Conditioning Consultant, Nutrition Consultant, Senior Fitness, Pre/Post Natal Conditioning, Youth Sports Conditioning.



### Debbie Booth

**Available:** days and evenings by appointment. **Education/Certifications:** Association (AEA) Group and Personal Training, NASM Personal Trainer, American Red Cross Swim Instructor/Lifeguard Trainer, **Areas of Expertise:** Aquatic Personal Trainer, Pre-surgical & Post Rehabilitation Training, Athletic Training, Strength, Balance, Cardio.

**To schedule an appointment with a trainer please call 248.526.2657.**

## Massage Therapy

Pam, our certified massage therapist, performs therapeutic massage, both Swedish and sports techniques can be used. She is also trained in Oncology massage. Great way to de-stress, relieve sore muscles, or treat yourself after reaching a fitness goal. **To schedule an appointment with the massage therapist please call 248.526.2655.**

Troy Community Center's

# FITNESS PASSPORT

## Unlimited Recreation Pass + Fitness Classes = Our popular Fitness Passport!

The Troy Community Center now offers a pass called the **Fitness Passport**. This pass entitles the patron to have all of the options of an Unlimited Recreation Pass holder PLUS the opportunity to participate in a select list of fitness classes (class list is on the back of this flyer). This pass gives the patron unlimited possibilities of what they can add to their workouts! Matinee Fitness Passport holders can attend classes Monday-Friday, between 8 am and 3 pm only.

Try out the passport for the day for the low cost of \$12/Res; \$13/Employee; \$15/Non-Resident. If you like the passport, the drop-in fee will be deducted from the cost of the passport (this request must be made the same day of drop-in).



For More Information:

Troy Community Center

Control Desk: 248.526.2655

[www.troymi.gov/CommunityCenter](http://www.troymi.gov/CommunityCenter)